



# YEAR 1: Design Technology: Food Bread

**What I should already know**

We should always wash our hands before preparing and eating food.

When using any utensils, always do so under adult supervision.

**By the end of this unit:**

Use the basic principles of healthy and varied diet to prepare dishes.

Understand where food comes from.

Be able to follow a recipe.

Follow procedures for safety.

**Design Criteria:**

**I am making bread for the Baker's shop for customers after the Great Fire of London.**

**Health and safety**

Always wash hands before preparing and cooking food.

Adult supervision when using knives and cooking over heat.



**Ingredients:**

- 450g strong white bread flour
- 7g sachet of fast action yeast
- 40g butter. Melted
- 1teaspoon salt
- 300ml warm water

**Method:**

1. Measure the flour and add it to a large mixing bowl.
2. Measure the butter. Melt it in the microwave and then add to the flour.
3. Add the yeast and the salt to separate sides of the bowl.
4. Finally, add the water –it should be warm, but not too hot.
5. Mix everything together until it comes into a soft sticky dough. Use a wooden spoon.
6. Once the dough has formed, knead it until it forms a soft, sticky ball of dough. Do this on a lightly-floured surface for around 5-10 minutes.
7. Oil a bowl then pop the dough in it. Cover it with cling film so no air can escape then leave it in a warm place to rise. Leave it for 1-2 hours until it has doubled in size.
8. After 1-2 hours, when the dough has risen, turn it out on to a floured surface and knock it back (knock the air out of it by folding it on itself and bashing it).
9. Once this is done, shape the dough in to a round ball and place on a baking tray. Cover loosely with cling film and leave in a warm place for 45 minutes so it has doubled in size again.
10. Preheat the oven to 220°C.
11. Bake in the oven for 20-25 minutes. It's ready when it's nicely browned and if you tap the bottom of the loaf it should be hollow.



<u>Vocabulary</u>	
Dough	Unbaked mixture for bread
Equipment	Tools used for carrying out the tasks necessary for cooking
Knead	Work flour in to a dough with the hands
Ingredients	Items that are mixed together to make a specific dish
Mix	Combine the ingredients together to form one mixture
Pre-heat	To make the oven hot before cooking the food
Prove	Allowing the bread to rise to become double the size
Recipe	A set of instructions that describes how to prepare or make something

